

MEDICAL REQUIREMENTS TO COMPETE IN COMBAT SPORTS EVENTS IN THE STATE OF NEW HAMPSHIRE

The following medical records must be provided by all amateur and professional fighters to New Hampshire Boxing and Wrestling Commission (NH BWC) officials at the time of weigh-ins for a scheduled, sanctioned Combat Sports event. The time and date of the weigh-ins will be arranged by the event promoter with the consent of the NH BWC, but is typically the night before the Combat Sports event. Combat Sports include Mixed Martial Arts, Boxing, Kickboxing, etc.

The NH BWC DOES NOT keep copies of fighter's medical records. ALL fighters must provide ALL of the required medical records at the time of the weigh-ins each and every time they are going to compete in a Combat Sport in the State of New Hampshire.

Failure to provide ALL of the following required medical documentation at the time of the weigh-ins will result in the fighter NOT BEING ALLOWED TO FIGHT:

- **Record of physical examination performed by a physician.** You must provide the actual physician's report with the date of a standard physical examination clearly printed on it, signed and dated by the physician, with an indication that the physician has examined the fighter, reviewed the results of the examination, and finds the fighter fit to compete in Combat Sports. Just a letter that states the fighter is cleared by the physician is NOT acceptable to NH BWC.
The physical exam cannot be older than one (1) year at the time of the Combat Sports event.
- **Electrocardiogram (EKG).** **A print-out of the actual EKG is required.** The date of the EKG and the fighter's name must be clearly visible on the EKG print-out. The fighter's examining physician must have reviewed the EKG and signed off/dated it, stating on the EKG that it is normal.
The EKG cannot be older than one (1) year at the time of the Combat Sports event.
- **Blood work.**
 - 1) Evidence of a NEGATIVE test for HIV,
 - 2) Evidence of a NEGATIVE test for Hepatitis B (sAG – specific antigen test), and
 - 3) Evidence of a NEGATIVE test for Hepatitis C (CAB - antibody) are required.The patient's name, sample date and results date must all be clearly visible on the results page/laboratory report. A letter from the physician indicating that the patient is negative for HIV, Hepatitis B, and Hepatitis C is NOT acceptable to NH BWC without the associated laboratory report.
The blood work cannot be older than six (6) months at the time of the Combat Sports event.
- **Dilated Eye Exam.** A dilated eye (pupil) examination must be conducted by an optometrist. The fighter must provide the actual results of the examination; i.e., a print out of the report. A letter alone from the optometrist is NOT acceptable. The results report must have the fighter's name and date of the examination on it, and the optometrist must indicate on the results page that the fighter is cleared to compete, and the optometrist has found no evidence of rips or tears to the retinas.
The dilated eye exam cannot be older than one (1) year at the time of the Combat Sports event.
- **Pregnancy Test Result.** For female fighters, a negative pregnancy test is required. This can be from the examining physician (no more than 15 days old at time of the Combat Sports event), or a home pregnancy test (it is preferred that this be conducted the night of the weigh-ins and provided to the pre-fight physical physician and New Hampshire Boxing & Wrestling Commissions officials).